



Employability Network

Presents:

-A **FREE** Training Session for Front Line Workers –

May 7th 2013 from **1:00pm to 4:00pm**

at Job Zone d'Emploi

144 rue Pitt Street, Cornwall

3 – Hour Long, carousel style training sessions that will discuss:

- **Career Coaching** presented by Larry MacDonell - Program Supervisor - Social and Housing Services

Don't you hate going to a training session and not being able to use anything you learned? In this training session you will learn how to use the Ontario Works Supportive Approaches to Innovative Learning (SAIL) 3 Dimension Coaching Model with each individual you come into contact with. You will learn a quick, easy questioning process to allow you to:

- Establish the relationship
- Be positive - use complementary language
- Explore and discover the issue and the client
- Reframe the issue you heard and validate with the client
- Give them some homework on how to achieve a preferred future
- Learn to enjoy getting the client to their preferred future

- **Learn Where You Live** Presented by Carilyne Hébert - Centre Coordinator - Contact North

Contact North | Contact Nord is Ontario's distance education and training network with 112 online learning centres. The network partners with Ontario's 24 public colleges, 20 public universities, school boards, and literacy and training providers to help Ontarians in small communities across the province participate in education and training opportunities without leaving their own community.

- **Building Bridges for Individuals living with a Mental Illness** – Presented by Manon Berry
-Intensive Case Manager - CMHA Champlain East

Canadian Mental Health Association will present on the topic of mental illness in the workplace and some of the barriers that most affect people with mental health concerns. Some of the topics that will be discussed are:

- Mental Health & Illness Awareness
- The issue of stigma
- Key points of employability
- CMHA Programs & Services
- Workplace Resources

Please RSVP to info@sdccornwall.ca or call 613-930-0211

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